

Reviews and Bibliographical Notices.

Influence of the Mind on the Body. By D. HACK TUKE, M.D. Philadelphia: H. C. Lea's Son & Co., 1884. Second edition.

Bulwer in his "Strange Story" makes one of his characters, a physician, use the following language, which contains one of the central ideas suggested by the present work: "Fellow-creatures, afflicted by maladies your pharmacopœia had failed to cure, came to me for relief, and they found it. 'The effect of the imagination,' you say. What matters, if I directed the imagination to cure." It is interesting to trace the flux and reflux of medical opinion on this subject. When the late Dr. G. M. Beard brought the present topic before the American Neurological Association in 1876,¹ Dr. Hammond remarked that if the doctrine of Dr. Beard was to be accepted, he would feel like throwing away his diploma and joining the theologians. Dr. Webber believed that Dr. Beard approached very close to the border line between truth and deception. Dr. Mason objected to the term mental therapeutics, and denied its existence. Dr. Putnam had never seen instances of cure where actual disease existed. In 1877,² however, the view taken by the Association was somewhat different, Dr. Seguin taking the ground that there was no trickery in the use of emotion to this end, and the general tone of the discussion rather favored Dr. Beard's position.

Dr. Tuke states that the objects of the present work are: "First, to collect together in one volume authentic illustrations of the influence of the mind upon the body scattered through various medical and other works, however familiar to many these cases may be," supplementing them by cases falling within his own

¹ JOURNAL OF NERVOUS AND MENTAL DISEASE, 1876, p. 41.

² *Ibid*, 1877.

knowledge. Second, to give these cases fresh interest and value by arranging them on a definite physiological basis. Third, to show the power and extent of this influence, not only in causing disorders of sensation, motion, and the organic functions, but also its importance as a *practical* remedy in disease. Fourth, to ascertain, as far as possible, the channels through and the mode by which this influence is exerted. Fifth, to elucidate by this enquiry the nature and action of what is usually understood as the imagination. From this it is obvious that Dr. Tuke covers more extendedly and thoroughly the ground of this subject, in the study of which he preceded Dr. Beard for at least four years. The first edition of the present work was of value from the fact that it tended to induce systematic observations on topics hitherto regarded as curious rather than "practical." The mind in the introduction is said to act on the body through its threefold states of intellect, emotion, and volition, and these three states correspond to the main divisions of the book. Dr. Tuke in Part I gives valuable and interesting résumé of the older literature pertaining to this subject. It appears from this that certain principles regarding the influence of mental states in the production of physiological changes were recognized by Unger in 1771 and were lectured on by John Hunter in 1786-7. In this connection it may also be stated that Rush, whom nothing escaped, had made observations in this field. Certain remarks of Rush in regard to the study of medicine are considered by Dr. Tuke so pertinent to the present subject that he quotes them with approval: "Remember how many of our useful remedies have been discovered by quacks. Do not be afraid therefore of conversing with them and profiting by their ignorance and temerity. Medicine has its Pharisees as well as religion; but the spirit of this sect is as unfriendly to the advancement of medicine as it is to Christian charity." These words of Dr. Rush, one of the greatest geniuses America has produced, are well worthy of comparison with the course adopted by the English medical profession toward Dr. Elliotson, who was treated in a way that is an eternal disgrace to the regular profession, all because he endeavored to study hypnotism and allied topics from a scientific standpoint.

The chapter on general psychological and physiological principles is written in an interesting and not too profound style. In the second chapter the influence of the intellect on sensation is discussed. In this chapter instances and the *modus operandi* of

the psychical production of æsthesia, hyperæsthesia, anæsthesia, dysæsthesia, and paræsthesia are given. Under the head of anæsthesia reference is made to the fact that the brutal prejudices of certain English surgeons led them to oppose the use of ether and other anæsthetics in surgery. Dr. Tuke concludes respecting the influence of the intellect on sensation : First, when ideas arise from the sensorial perception of impressions upon the peripheral terminations of the various classes of nerves, they may react upon the sensory centres, and influence general, special, organic and muscular sensations, causing sensational illusion. Second, when, through intellectual operations, ideas are imagined or recalled, these may be merely ideational states, but they ever tend to become identical in character, though not necessarily in degree, with the complex states formed where peripheral sensations first excited them. One recurrence therefore of the ideational states, coöperating with the sensory centres, usually recalls, also, although but faintly, the sensation corresponding to the idea. Third. In some conditions of the brain, the sensory centres may be so powerfully excited, that the effect is identical in sensory force (in objectivity) with that which results from an impression produced upon the peripheral terminations of the nerves, causing hallucinations or phantasmata. Fourth. The mind under certain circumstances can, by attention, recall the sensorial impression so distinctly as to produce, *e. g.*, in the case of sight the spectrum or image which was impressed on the retina and procured by the sensorium. Fifth. Not only may hyperæsthesia be produced, but complete anæsthesia be caused by the actions of the intellect. The remaining chapters contain similar instances of clear analysis and the leading ideas are condensed into conclusions. In the discussion of the influence of the emotions on the organic functions, the question of the change of hair color from nervous shock is alluded to. In the section on the influence of mental states of emotion upon disorders of the involuntary muscles, the influence in the cure of gout is well shown. This was known to Sir W. Watson, who cited a case where fright cured gout. Dyce Duckworth's recent observations point out the reason for this psychical influence on, what is according to him, a nervous disease. The influence of mental states in the modification of phthisis is not as well illustrated from Dr. Tuke's own experience as one would expect. It is of interest in this connection to remember that Superintendent of the Bloomingdale Asylum wrote in 1829 concerning Guiteau's uncle who died in that institution, that as in

most hereditary lunatics phthisis ran a very irregular course ; being checked when the mental disorder was at its height. In discussing the influence of the Royal touch, Dr. Tuke has overlooked the case of the patient, touched very unwillingly by William III., who was cured notwithstanding that clear-headed monarch's disbelief in what he regarded as a silly superstition.

Dr. Tuke concludes : First, the influence of the mind on the body shown to operate powerfully in health is at least as powerful in disease, and may be highly beneficial in aiding the *vis medicatrix* and opposing the *vis vitiatrice naturæ*. Its action may be gradual or sudden, as in the shock of a railroad accident. Second, this truth is by no means confined, as it is often supposed to be, to nervous disorders, but extends to other diseases. Third, this principle may be carried out in a general way by calming the mind : When the body suffers from its excitement, by arousing the feelings of hope, joy, and faith ; by suggesting motives for exertion ; by inducing regular mental work, especially composition ; by giving the most favorable prognosis consistent with truth ; by diverting the patient's thoughts from his malady, and thus, in these and other ways, influencing beneficially the functions of organic life through the mind. Fourth, the influence of the will upon disease, apart from voluntary attention, is a very important agent in psychotherapeusis. Fifth, the effects accidentally produced upon the body by mental impressions, in disease, can be imitated, and the arts used by the empiric divested of their non-essentials, and systematically utilized. * * *

The book is interestingly written in a chatty style. One possible danger may be induced from Dr. Tuke's ignoring the serious consequences that at times result from hypnotism. The book comes up bibliographically to the usual standard of the *Leas'*.

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Transactions of the Pennsylvania State Medical Society. Vol. xiv. Philadelphia. *Times* Printing Office. 1882.

This is the volume of the "Pennsylvania State Medical Society Transactions for 1882," which has up to this accidentally escaped review. In the last number of the *JOURNAL* the "Transactions for 1883" were briefly reviewed, and the review of the present volume should have preceded that review. The first paper coming within the *JOURNAL*'s scope is the address on "Mental Disorders," by Dr. Chas. K. Mills, which has a sub-title : "Reflections on Criminal Lunacy, with Remarks on the Case of Guiteau." The